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Very cold weather continues

8 January 2009

The very cold weather will continue over the weekend, with penetrating frosts across the country and further snowfall in the south.

Strong east to north-easterly winds will make it feel bitterly cold over the weekend, and make the lying snow drift in some areas. Further fresh snowfall is expected across much of southern Britain on Sunday and Monday.

Anthony Astbury, Chief Forecaster at the Met Office, says: “We are expecting further snow across Wales and much of England on Sunday. The snow will be generally lighter than we have seen recently; however, the strong north-easterly winds will lead to drifting in some areas and make it feel bitterly cold.”

At these times Met Office health forecasting services are at their most useful, helping people suffering from long term conditions such as Chronic Obstructive Pulmonary Disease (COPD) stay healthy and out of hospital.

The Government's ‘Keep Warm Keep Well’ campaign gives important advice to older people on how to stay fit and healthy through the winter. ‘Keep warm keep well’ leaflets are available online and in local GP surgeries, pharmacies or council offices.

There are hints of less-cold conditions over the extreme south-west around the middle of next week. However, there is still uncertainty about the details, and the battle between the cold air we currently have and the mild air from the Atlantic could result in further snow.

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Contact information

Met Office Press Office: **+44 (0)1392 886655**

E-mail: Press Office

Met Office Customer Centre: **0870 900 0100**

If you’re outside the UK: **+44 1392 885680**